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Jumping Camel belly dancers welcome guests to the 31st annual Marda Gras Street Festival on Sunday. JEREMY SIMES/FOR METRO

Bridge in need of TLC

INFRASTRUCTURE

**City looking
for best ways
to fix up the
Peace Bridge**



**Robson
Fletcher**
Metro | Calgary

Vandalism, wear and tear, and drainage issues have left Calgary's \$24.5-million Peace Bridge with damage the city isn't exactly sure how to fix and a repair bill that remains unclear.

Two overhead panels near the south end are cracked, believed to be the result of someone deliberately smashing them.

Based on the appearance of the cracks, city roads spokeswoman Jessica Bell said it appears they had been hit from

the inside of the bridge, "likely with a rock or some kind of blunt object."

Dozens of the in-floor lights embedded in the concrete curbs that run on either side of the cycle lane down the centre of the bridge are also missing.

Bell said some of them were damaged by water draining into the sockets they sit in, while others may have been damaged by foot or bicycle traffic, and some could have been deliberately vandalized.

As a result, she said, the city is trying out a new form of "puck lights" that "don't require any electrical wiring."

Ten of the devices, which illuminate via a "glow-in-the-dark" mechanism at night, have been installed at the south end of the bridge on a trial basis.

**HOW MUCH WILL THIS ALL
COST? THE CITY CAN'T SAY,
PAGE 4**

POLITICS AND PARTIES

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IN BRIEF

Man charged in accidental shooting of neighbour

Police announced charges over the weekend against one man following an accidental shooting in the Woodbine community Thursday evening.

According to police, the gun was accidentally fired, ripping through the walls of two homes and striking a 61-year-old male victim in the abdomen.

A release sent out by CPS Saturday said 25-year-old Brandon Naumann had "been charged with careless use of a firearm, improper storage of a firearm and having a loaded restricted firearm."

Police said Naumann has been cooperative with their investigation and will appear in court Sept. 11. METRO

Man hires prostitute online, stabbed three times: Police

Police are investigating after a man was stabbed three times in what appears to be a home invasion in the city's northeast.

Staff Sgt. Phil Hoetger said the man showed up at the Peter Lougheed hospital with three stab wounds after an alleged break and enter at the Georgian Villas just after 11 p.m. Friday night.

According to Hoetger the man was allegedly attacked at his home by three men after hiring a prostitute via the internet.

"Apparently when the girl showed up she brought three men with her and they forced their way into his home and beat him up," he said.

Hoetger said the man suffered two stab wounds to the back and one to the arm, but was in non-life-threatening condition.

LUCIE EDWARDS/METRO

IN BRIEF

NDP candidate ruffles feathers with oilsands comments

A comment on the oilsands from a high-profile federal New Democrat candidate stirred up a political hornet's nest in Alberta among both provincial and federal politicians.

Linda McQuaig, a well-known author and the NDP candidate for the riding of Toronto Centre, told a CBC television panel discussion on Friday that for Canada to meet its climate change targets, "a lot of the oilsands oil may have to stay in the ground."

Alberta's Opposition Leader Brian Jean tried to make it a provincial issue, saying on Saturday that McQuaig's comments were "deeply concerning."

A spokeswoman for Premier Rachel Notley said the provincial NDP government remains committed to the energy sector.

THE CANADIAN PRESS

Seventeen treated for drug-related illnesses at Chasing Summer festival

Paramedics transported 17 patients to nearby hospitals this weekend due to alcohol consumption and drug use at the Chasing Summer music festival.

Seven men and 10 women, ranging in ages from 18 to mid-30s, were taken to various hospitals on Friday and Saturday, according to a release. Eleven were in stable condition; five serious but stable, and one woman was in serious, potentially life-threatening condition, paramedics said.

In most cases, patients had ingested large amounts of alcohol and at least one other drug substance — primarily MDMA (Ecstasy) or marijuana (THC). METRO



The band Iraqi Culture plays for the crowd on a stage at Olympic Plaza on Sunday during Day 2 of the second annual Calgary Arab Festival. ROBSON FLETCHER/METRO

Arab communities 'show their roots'

CALGARY ARAB FESTIVAL

Second annual event celebrates city's cultural diversity



Lucie Edwardson
Metro | Calgary

It was a fusion of Arab cultures at Olympic Plaza over the weekend as hundreds of Calgarians came together to celebrate and learn about the cultures of Calgary's Arab communities.

Marwan Al-Jariri, a festival organizer, said the second annual event brings great pride to their communities, and gives them the opportunity to meet new people.

"It is an opportunity to show our diversity," he said. "People, they come from everywhere and this lets us share where we are from."

Virginia Ghobrial-Said, President of the Calgary Egyptian Association, said festivals like the Arab Festival are what make the city so great to live in.

"We have all been in Calgary a long time and one of the best things ever about the city (is)

that you can be so Calgarian but you can also show your roots and show what you are proud of," she said.

"You really don't have to hide who you are," she added, "It is awesome."

Seham Taha, owner of Seham's Boutique Limited, participated in the festival by putting on a fashion show of middle-eastern inspired outfits for women.

She said the festival offers her an "extremely important" platform to show the female Arab community of Calgary that there is somewhere for them to buy modesty clothes in the city.

"It makes me feel good to

be able to help someone look and feel their best and I feel so supported by the community here," she said.

Ralph Sigurdson said he appreciated how much he was able to learn about Arab cultures while attending the festival; he even got to dress up as a Pharaoh while visiting the Calgary Egyptian Association's booth.

"I think it is great," he said, "I haven't been exposed to Middle Eastern culture before and it is really amazing to learn from people who are so friendly and informative."

The two-day festival ran Saturday and Sunday.

CRIME

Two men shot, hospitalized after parking lot dispute

Witnesses said a situation went from unusual to "very scary" after two men were sent to hospital with gunshot wounds just after 1 a.m. on Saturday.

Acting Staff Sgt. Daren Coen said police responded to the scene in the 7-Eleven and strip mall parking lot on Douglasdale Boulevard SE after receiving a call about an altercation involv-

ing possible gunshots.

"When our units arrived we ... found two males who had been shot with a shotgun and one that had been assaulted," said Coen.

He said the two men in their early twenties, suffering from gunshot wounds, were transported to hospital in "stable non-life-threatening condition."

One witness who wished to only be identified as Mary said her group of friends was hanging out in the parking lot when a group of unidentified men in a truck approached them. She said it appeared as though the men believed the group was selling drugs "in their territory."

"They started pushing our friends around and we were tell-

ing them it was all good," she said. "Then they started making gun hand motions and left."

"We thought they were gone but then they came back and attacked three of our friends and shot two of them," she said.

Police confirmed that two men had been shot, one in the leg and the other in the buttocks.

The third victim, who was

assaulted, said he would like to be referred to only as Braeden.

"We were just hanging out here and I was working on ... my sub when they showed up," he told Metro. "I'm still in shock."

Coen said police continue to investigate.

"At this point we are still trying to piece things together," he said. LUCIE EDWARDS/METRO



One of the victims is loaded into an ambulance after being shot. LUCIE EDWARDS/METRO

Urban Nomad nearly debt free

FISCAL FRUSTRATION

Calgary man approaches his goal after year of RV living



Lucie Edwardson
Metro | Calgary

It has been just over a year since Geoffrey Westlock went NFA — no fixed address.

After incurring more than \$15,000 in debt while in film school, Westlock decided to take drastic measures to pay off the debt as quickly as possible.

Westlock hatched a plan. He moved into an RV trailer, roaming around the city from parking lot to parking lot, dubbed himself the “Urban Nomad,” and began blogging about his journey.

Now, more than a year after Westlock moved into the RV full-time, he is well on his way to meeting his goals and said he plans to have paid off the credit cards by November.

Although he’s proud of his fiscal discipline, Westlock said it doesn’t make his situation



I will have spent over \$50,000 over 5 years to pay back \$17,000 worth of credit card debt

Geoffrey Westlock

any less wearisome.

“It is really frustrating I have to do this to get this under control,” he said. “I will have spent over \$50,000 over 5 years to pay back \$17,000 worth of credit card debt.”

Westlock said his living



Geoffrey Westlock in his RV trailer, where he has been living as an ‘urban nomad’ for the past year. ALL PHOTOS: JENNIFER FRIESEN/FOR METRO



Westlock keeps careful track of his income and expenses and expects to finally pay off his debts by November.



Some of the motivational sticky notes Westlock posts around his trailer to help keep him motivated and on track.

situation has made him very aware of other people who are going through difficult times, often living out of their cars. He said it pulls at his heartstrings, but he has come to the realization that, given his own circumstance, he can’t help all of the people he meets while living out of his own vehicle.

“The trouble is, and what really gives me a moment of pause, is where I meet these people is typically in places I park on a regular basis,” he said.

Westlock said he does feel guilty when he isn’t able to help, but knows he is easy to track down, given he parks frequently in the same places.

“For me, there is no safe place to retreat to, wherever I am, I am home,” he said. “For those who live in a fixed address, they can go to a soup kitchen and help out or give a meal or in some other way help people out without fear of them coming and knocking on their door in the middle of the night asking for help again.”

Throughout his journey Westlock said he has had his low moments, but he has found a way to keep his spirits high. Above the microwave in his RV there are little Post-its with motivational quotes to remind him to keep going.

Westlock said he got the idea when he heard a quote on the HBO mini-series From the Earth to the Moon that said, “Solve the problems one by one over the course of the endeavour.”

“It made me say, ‘huh, you don’t have to have all the answers’, and you can solve the problems as you go,” he said.

MOTIVATIONAL QUOTES REMIND HIM TO KEEP GOING

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City emails detail bridge damage

PEACE BRIDGE

Vandalizing of lights, panels subject of documents



Robson Fletcher
Metro | Calgary

It's been nearly 11 months since two glass panels on the Peace Bridge were first noticed to have been vandalized, according to documents obtained by Metro under a freedom of information request.

Metro submitted the request after inquiring about the panels earlier in 2015, while receiving conflicting information from various city officials as to the cause of the cracks in the glass.

But an internal email sent Sept. 15, 2014, describing damage to the 10th panel from the southeast and the second panel from the southwest on the bridge says both panels "appear to be vandalized."

"Our worst nightmare!!!" is the immediate reply in a sub-



A white "glow circle" can be seen in the foreground with two missing in-ground light fixtures behind it along the curb at the south end of the Peace Bridge on Sunday. Two overhead glass panels are also cracked and in need of repair. ROBSON FLETCHER/METRO

sequent email, as the report is passed up the chain of command to Jadwiga Kroman, manager of bridges and structures. There's "easy crane access"

to the southwest panel but the southeast panel would be a "challenge" to repair, according to the email chain.

City officials contemplat-

ing closing the bridge, in case the damaged panels presented a threat to the public, but Kroman said in an email an "interlayer to prevent shat-

tering" meant the glass "should be safe."

The following April, the city received a written complaint from a downtown resident about not just the broken panels, but also numerous in-floor lights along the bridge that had been destroyed.

"What will all this look like in five years?" the citizen wrote, noting the bridge's official opening was barely three years earlier.

"It is a shame to see so many things that need fixing in such a short time."

City roads spokeswoman Jessica Bell told Metro last week a proposal has been received to fix the panels but is still being reviewed. As such, she said the city could not say publicly how much the repair is expected to cost.

She noted the bridge, itself, came with a two-year warranty, but the city may still make an insurance claim for the damage. The bridge did come with extra panels that the city has

in storage, so the repair cost would be more for labour than materials, Bell added.

Another city email dated May 29 says the panels are expected to be repaired "by the end of the summer" as the city is "currently waiting for specialized equipment" needed to repair them.

As for the damaged lights, the city is piloting 10 "glow circles" that are "glued on the concrete surface" in place of the lights.

"If found suitable, the remaining in-pavement lights will be removed and the glow circles installed for the remainder of the fixtures,"

the email reads.

Bell said the city didn't have an immediate cost estimate for that, either.

In addition to the 10 in-floor light fixtures replaced by glowing circles at the south end of the bridge, another 13 lights were missing and one was partially dislodged and jutting up from the concrete, as of Sunday.



It is a shame to see so many things that need fixing in such a short time.

Concerned Calgary resident



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Calgary Centre Conservative candidate Joan Crockatt was out meeting voters at Marda Gras. JEREMY SIMES/FOR METRO

Politicians campaign at Marda Gras

CALGARY CENTRE

Festival a good opportunity to connect with voters



Jeremy Simes
For Metro | Calgary

As tens of thousands of people flooded onto 33 Avenue SW Sunday for the 31st annual Marda Gras Street Festival, two front-runner federal candidates were on the offensive, campaigning to represent Calgary Centre in October.

Conservative candidate Joan Crockatt and Liberal candidate Kent Hehr were busy mingling with crowds and answering questions.

Cruising down the avenue, Hehr said Marda Gras is the perfect opportunity to touch base with what he hopes will be his future constituents.

"I want to hear people's hopes, dreams, cares and concerns, and be able to address those on a one-on-one manner," Hehr said.

"Politicians who sit in their office all day don't learn very much."

Up the road, Crockatt and volunteers were out chatting with festival-goers, too.

"There's really good conventional wisdom from the average people on the street that you meet ... you can learn so much from them," she said. "It also gives you a chance to let them know who you are."

Many festival participants were quick to spot the federal candidates, some saying they'd rather connect in person than watch them on TV.

"It's an important thing (to see politicians out here)," said Kevin Rodrigues. "Especially for the number of young people that are out here."

Although Harley Davis didn't plan to ask questions to the politicians directly, she said it's a great opportunity to learn more about what the candidates stand for.

Hehr said he's never felt more confident about a campaign and he believes the Liberals are the best alternative to the status quo for the riding.

Crockatt, the incumbent, said she has favourable track-record with her constituents.



Liberal candidate Kent Hehr says the festival gave him the chance to connect with constituents. JEREMY SIMES/FOR METRO

ENTERTAINMENT

Festival likely saw 40,000 visitors

Politics aside, tens of thousands of Calgarians were out enjoying the sun, food and performances at the annual Marda Gras Street Festival Sunday.

Organizer Michelle Rhode said she expected more than 40,000 participants this year, cracking the 35,000-to-40,000 mark the festival usually sees.

"The weather has helped quite a bit," she said. "We're already seeing higher numbers earlier in the morning."

She said the festival also sold

more vendor booths and has four stages this year, meaning a more vibrant and busy outing.

"It's about promoting the areas and really just offering a free festival to the community," she said. "It's a great way to showcase their business and invite the community out at the same time."

The festival includes an eclectic mix of bands, street entertainers, vendors and food trucks. Keeping with the Mardi Gras theme, many participants come



It's about promoting the areas and really just offering a free festival to the community.

Organizer Michelle Rhode

dressed in vibrant costumes and sport bead necklaces.

Enchanting those walking down 33 Avenue, Jumping Camel belly dancer Erin Reidy said it's her favourite festival to perform at.

"The people are fantastic," she said. "It's such a nice, mel-

low, happy crowd, and I think the gypsy element adds something to it."

Festival-goer Brianne Coglton said she feels the festival grows every year she comes.

"These community events are always great to come to," she said. JEREMY SIMES/FOR METRO

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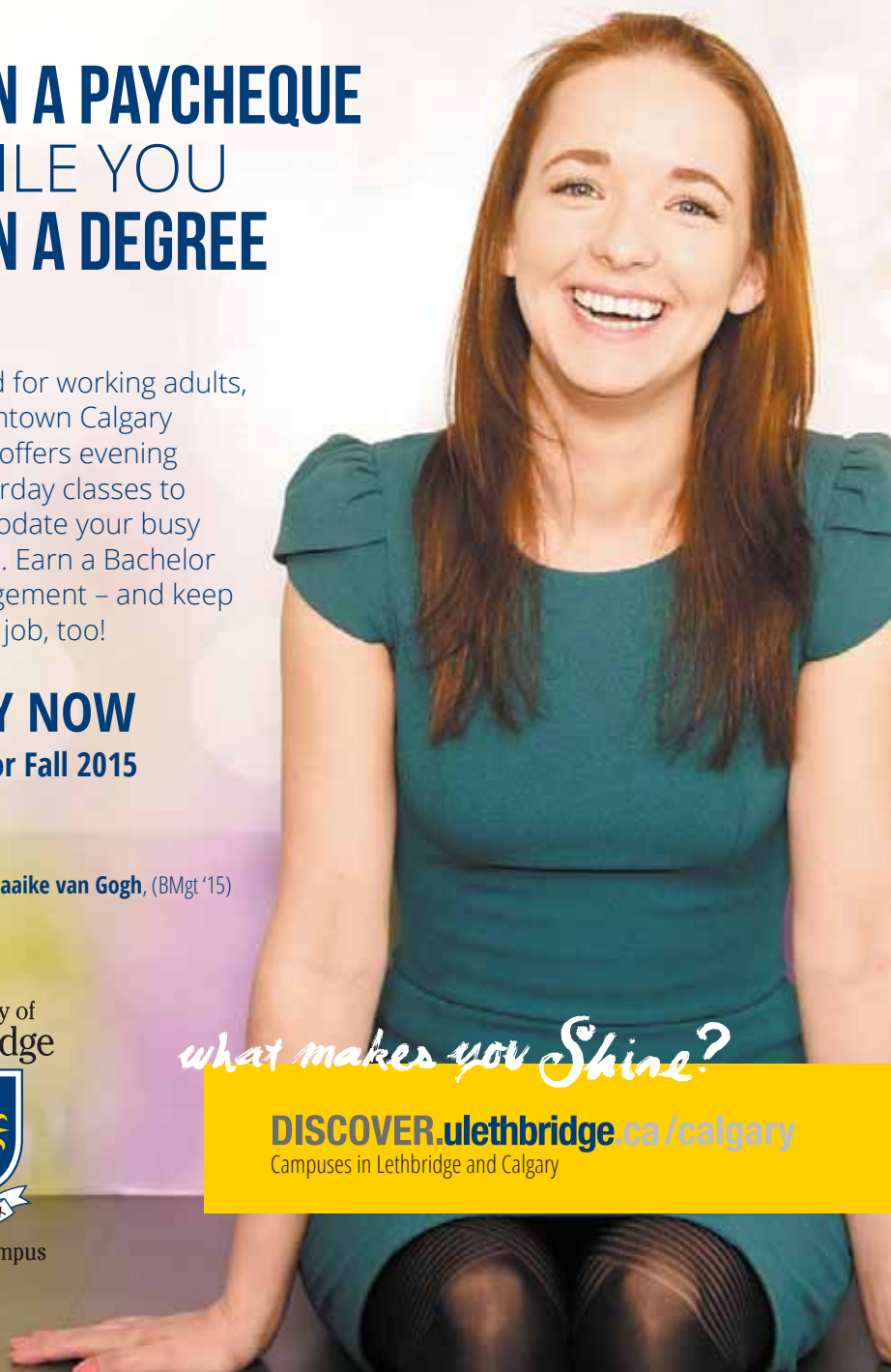
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IN BRIEF**Officials warn about outbreak of Cyclospora**

Public health officials are warning about an outbreak of the intestinal illness Cyclospora, with 83 cases being investigated across Canada.

The Public Health Agency of Canada has issued a statement that says two people have been hospitalized from the parasite but no deaths have been reported.

The cases became known between May 9 and July 18 and are mainly in Ontario, but there are also some infections in B.C., Alberta and Quebec.

The agency says the source is unknown but past outbreaks of Cyclospora have been linked to various types of imported fresh produce, such as pre-packaged salad mix, basil, cilantro, berries, mesclun lettuce and snow peas. Cyclospora is generally low-risk and can be cured with antibiotics, but people with weakened immune systems, children and the elderly are at risk of developing complications. THE CANADIAN PRESS

Reporter 'rattled' by live on-air kiss

SQUAMISH, B.C.

RCMP looking for tips from public to help identify man

Another television reporter doing a live report received a jarring distraction after a man kissed her on the cheek.

CBC reporter Megan Batchelor was covering a music festival in Squamish, B.C., north of Vancouver, on Friday when the incident happened. She was doing a live hit for the network's 6 p.m. newscast when video the network aired shows the man came up from behind, kissed her on the cheek and took a selfie. The CBC quotes Batchelor as saying she was "rattled" by the encounter and felt like the unidentified man was trying to interfere with her ability to do her job.

The broadcaster is reporting that Batchelor has made a com-



CBC reporter Megan Batchelor said she felt like the stranger who kissed her while she was covering a music festival in B.C. was trying to interfere with her ability to do her job. TWITTER

plaint to the RCMP and the network is asking anyone who knows the identity of the man to contact police.

The CBC said in a statement on Sunday that Friday's incident is another example of a disturbing trend and the network will do everything it can to ensure its journalists are safe when reporting from the field.

The RCMP says it has taken statements from Batchelor, a CBC cameraman and a witness, but the head of the Squamish

RCMP detachment said tips from the public would be key in helping police to identify the man. "We really have no other recourse than to seek the assistance of the public," said Staff Sgt. Brian Cumming.

It's unclear what charges might be laid. Cumming noted that in British Columbia unlike other provinces, police must refer the case to the Crown and prosecutors decide on laying charges.

THE CANADIAN PRESS

ELECTION

Party leaders back on campaign trail

With the shadow of the Mike Duffy trial looming larger than ever, Stephen Harper is kicking off Week 2 of the federal election campaign with a headline-grabbing effort to crack down on homegrown terror threats.

Harper, keen to show off his bona fides as the experienced incumbent, promised to make it a crime for Canadians to travel to specific countries or regions where they could fight alongside groups officially identified by the government as terrorist organizations.

When Justin Trudeau was asked at a campaign event in the Ottawa-area on Sunday about how Wright's pending appearance might change the dynamic of the election campaign, the Liberal leader called it a reminder of Harper's "lack of respect for democracy and of his extremely poor judgment."

Harper volunteered an answer to a question he wasn't asked, reacting to remarks made last week by "star NDP candidate" Linda McQuaig, who told a CBC panel discussion that for Canada to meet its climate change targets, "a lot

+ LEADERS**Where they are today**

- Prime Minister Stephen Harper is due to be in Brampton, Ont.
- NDP Leader Tom Mulcair is scheduled to be in Toronto.
- Liberal Leader Justin Trudeau will be in Montreal.
- Green Party Leader Elizabeth May will be heading to Squamish, B.C.

METRO

of the oilsands oil may have to stay in the ground." The comments contrasted with NDP leader Tom Mulcair, who has been open to oilsands development provided there is rigorous environmental protection and legislation to force oil companies to pay for pollution they create. Mulcair does, however, support a west-to-east pipeline for moving crude to market.

"That is the NDP's not-so-hidden agenda on development," Harper said.

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First Nations fisherman and University of Victoria doctoral student Nick Claxton pauses while setting a reef net. Claxton realized the opportunity for reviving the fishery style while conducting research for his thesis.

SAANICH FIRST NATION/THE CANADIAN PRESS/HANDOUT

Old tradition gets new life

TSAWOUT FIRST NATION

B.C. man aims to bring back reef-net fishing technique

Almost a century after fishing practices unique to First Nations in British Columbia's Salish Sea were outlawed, members paddled canoes back to traditional waters and dropped their full-sized reef net.

It was the start of a long-term mission to revitalize the once-celebrated technique for gathering food and bonding community for the Strait Salish people.

The web-like net — about the length of a city bus — was suspended between two canoes in an endeavour by a University of Victoria doctoral student who envisions bringing his nation's fishing style "back to life."

"In traditional times, it was really the backbone of our society," said Nick Claxton, who successfully defended his thesis on the practice in late July before an academic panel and 100 of his community members.

"And that's how I want it to be in the future. Where we can all be reef-net fishermen."

Claxton, 42, initially set out to document the history of reef-net fishing and investigate ways to restore the practice. His research found that Strait Salish people relied on the method until 1916, when the colonial government called it a "fish trap" and brought in a ban.

Claxton realized the opportunity for reviving the fishery style as he dove into his thesis.

"It became more a project of 'Let's go out and do it.' So that's how that happened. We built a full-sized, modern reef net and we actually went fishing with it last summer."

Band members of all ages got involved. Schoolchildren were taught about the lore, while youth and elders designed the system and then held a sacred ceremony.

"We didn't catch anything, but it was a success because we were able to get the net fishing. And nothing bad happened, no accidents," he said. "The experience of doing it was more valuable than anything."

THE CANADIAN PRESS



A carved model illustrates how reef nets are used to catch fish in the Tsawout First Nation, B.C.

SAANICH FIRST NATION/THE CANADIAN PRESS/HANDOUT

STUDY

Many at risk for heart attacks, strokes

Steadily rising rates of obesity, diabetes and high blood pressure over the last decade have dramatically increased the risk of heart attacks and strokes among some groups of ethnic Canadians, researchers say.

An Ontario study determined that from 2001 to 2012, diabetes rates more than doubled among South Asian men and almost doubled among black women.

While obesity levels rose among all ethnic groups and

sexes, the biggest increase was observed in Chinese men, whose rate more than doubled during the study period.

"We found that the most striking difference was among the prevalence of diabetes," said lead researcher Dr. Maria Chiu, a scientist at the Institute for Clinical Evaluative Sciences (ICES) in Toronto.

"It was most stark among South Asian men. The prevalence of diabetes doubled over

15%

The prevalence of diabetes among South Asian men living in Canada in 2012.

the 12-year period we looked at, from seven per cent to 15 per cent, and among black women

it also increased, from about six per cent to 12 per cent."

The study, published Monday in the journal *BMJ Open*, analyzed data from almost 220,000 Ontario residents who responded to Statistics Canada's Canadian Community Health Surveys from 2001 to 2012.

It is believed to be the first in Canada to examine ethnic-specific cardiovascular risk-factor trends over time.

THE CANADIAN PRESS

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Single mom still stuck with bill

HEALTH CARE

Provinces urged by critics to pay for air ambulance

Critics are unhappy that the Alberta and Ontario governments are not stepping up to help a single mother who was saddled with an air ambulance bill of up to \$30,000.

"This is an awful story about someone falling through a gap that should not exist," said Natalie Mehra, executive director of the Ontario Health Coalition. "The Alberta government should be ashamed of itself for putting the family through this."

Amy Savill, an Alberta resident, was visiting family in Northern Ontario when she went into labour almost two months early.

She was rushed to the Timmins hospital, but staff there were not equipped to deal with premature births before 32 weeks' gestation.

Savill had to be transported by air ambulance to a Sudbury hospital — a trip that she has been told may cost her between



Alberta's Amy Savill was in Northern Ontario when she went into early labour and had to be airlifted to hospital, a cost which neither province covers. TORSTAR NEWS SERVICE

\$10,000 and \$30,000.

When asked about Savill's case, Ontario Premier Kathleen Wynne said she was aware of the situation and that it was a "concern" she would discuss with her fellow provincial leaders.

"It's something we should be talking about at the premiers' table. How do we make sure that we're doing everything we

can to allow people across the country to have an even experience no matter where they are in the country?" she said.

Cheryl Oates, a spokeswoman for the Alberta Premier's Office, confirmed the bill is not covered by provincial health care but described Savill's situation as "unique and exceptional" and said the premier's office would

like to meet with the family to see if they can help them.

"We don't have a commitment that we'll pay all or part of the cost, but we can commit that we'll look into it and see what we can do," she said.

Even if the governments do step up to help Savill, experts say her story is just one of many and that it illustrates existing

"No Canadian would find it easy to pay \$30,000 for an ambulance."

Natalie Mehra, executive director of the Ontario Health Coalition

gaps in inter-provincial health coverage.

NDP health critic France Gelinas said Savill is just the most recent woman with an at-risk pregnancy to suffer because of cuts in medical services. Many Northern Ontario women have to take a "long helicopter ride" to give birth.

Gelinas said Ontario's extensive use of medical transport in rural and northern areas puts it in a unique position to advocate for transport coverage in Canada.

Regardless of whether she receives government assistance, Savill said, she's hopeful her story will make a difference.

"I would love for anybody to make the bill go away, but also I hope it brings enough awareness that something can be changed." TORSTAR NEWS SERVICE

COURT

Appeal in abuse case 'sadistic'

A mother who won a lawsuit against the British Columbia government after social workers enabled her estranged husband to molest their toddler in foster care says the province's decision to appeal the ruling is cruel and sadistic.

The Justice Ministry said it filed documents Friday seeking clarity from the Court of Appeal of B.C. A judge found last month that social workers knowingly violated a court order and allowed unsupervised access to a father who had sexually abused his other kids.

"(It's) inhumane for them to go on against little children who have been hurt so terribly," the mother, known in court documents as J.P., said in a statement.

J.P.'s lawyer, Jack Hittrich, said it's disturbing that the ministry's role is to protect children but it refuses to take responsibility for its actions.

"This ministry has done everything to vilify J.P., place her children in danger, allow the youngest to be sexually abused in breach of a court order," he said in a statement.

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Iraqi government shrinks

MIDDLE EAST

Prime minister slashes state positions to fight graft

Iraq's prime minister unveiled a bold plan Sunday to abolish three vice-presidential posts and the offices of three deputy premiers, hoping to cut spending amid mass protests against his government as the Islamic State of Iraq and the Levant (ISIL) still holds a third of his nation.

Prime Minister Haider al-Abadi's cabinet backed the plan, which still needs parliamentary approval, but it's unclear whether it could end the endemic corruption in Iraq's political system, where many senior appointments are determined by party patronage and sectarian loyalties.

The plan also effectively would push out of government former Prime Minister Nouri al-Maliki, widely criticized for inflaming sectarian tensions and appointing loyal, less-qualified senior officers to Iraq's military



Demonstrators chant in support of Iraqi Prime Minister Haider al-Abadi during a demonstration at Tahrir Square in Baghdad Sunday. KHALID MOHAMMED/THE ASSOCIATED PRESS

ahead of ISIL's advance last year. While al-Maliki issued a short statement approving of the proposed plan, he previously criticized al-Abadi's rise to power last year and repeatedly has urged the current government to address the country's corruption and sectarian crises.

Al-Abadi's seven-point plan would dismantle portions of the top-heavy government created in the wake of the 2003 U.S.-led invasion that toppled dictator Saddam Hussein. It would reduce spending on personal bodyguards for officials and transfer the responsibility to the interior

and defence ministries. The plan also calls for the review of all corruption cases by a committee of experts, with fresh trials for officials suspected of wrongdoing.

About 1,000 demonstrators gathered late Sunday in support of al-Abadi in Baghdad's Tahrir Square. Despite near-daily bomb-

1.9 million

The estimated number of times Iraqis paid bribes to civil officials over the course of a year, mostly for power and water services, according to a U.N. report.

THE ASSOCIATED PRESS

ings and attacks in Baghdad, the square has been the scene of peaceful protests in recent days over frequent power cuts during a heat wave that has seen temperatures reach as high as 52 C.

The mass demonstrations even include Iraq's Shiite majority, from which the government draws most of its support. That shows the level of anger among Iraqis in a country ranked 170 out of 175 on Transparency International's 2014 Corruption Index.

A 2013 United Nations report found that half a million Iraqi citizens paid 1.9 million bribes to civil servants over the course of a year, mostly for power and water services.

THE ASSOCIATED PRESS

YEMEN

Rebels fall back in south

Pro-government fighters recaptured a provincial capital Sunday in southern Yemen after three days of intense fighting against Shiite rebels and their allies, military officials said, the latest in a string of battlefield successes by the Saudi-backed troops.

The recapture of Zinjibar, the capital of Abyan province, came one day after a friendly fire incident in which a Saudi-led coalition airstrike hit the pro-government fighters while travelling on a coastal road toward Zinjibar, killing at least 20, officials said.

The Saudi-led, American-supported coalition began launching airstrikes in March against Shiite Houthi rebels and their allies — troops loyal to former President Ali Abdullah Saleh — who control the capital, Sanaa, and much of northern Yemen. They are pitted against southern separatists, local and tribal militias, Sunni Islamic militants and loyalists of exiled President Abed Rabbo Mansour Hadi. THE ASSOCIATED PRESS

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RELIGION

Catholics divided on gays

Pope Francis refined his vision for the church last week when he said long-spurned divorced and remarried Catholics should be welcomed with "open doors." And he has famously parsed centuries of thought on homosexuality into a five-word quip: "Who am I to judge?"

Yet the Archdiocese of Philadelphia opened its door only briefly when married gay teacher Margie Winters, trailed by supporters, arrived Monday with 23,000 petitions seeking reinstatement to her job at a Catholic elementary school.

Winters, 50, lost her job at Waldron Mercy Academy in June after a parent complained about her 2007 marriage to a woman. Her case highlights the shifting fault lines over gays in the church — and in church workplaces — just before the pope visits Philadelphia next month for the World Meeting of Families.

Jesuit-run Fordham University is standing by its theology chairman, whose same-sex marriage made the New York Times wedding section this year, while Seton Hall University, with ties to the Newark, N.J., archdiocese, recently dismissed a chaplain who denounced gay bullying and later came out as gay.

Around the U.S., more than 50 people have reported losing their jobs at Catholic institutions since 2010 over their sexual orientation or identity, according to New Ways Ministries, an advocacy group for gay, lesbian, bisexual and transgender Catholics based in Mount Ranier, Maryland.

THE ASSOCIATED PRESS

Haitian elections marred by violence, delays, fraud

DEMOCRACY

Legislative elections nearly four years late

Haitians were electing legislators to Parliament Sunday after a years-long wait, but the vote was plagued with delays, disorder and occasional fist fights and rock throwing.

The legislative elections had been postponed for nearly four years due to a political showdown between Haiti's executive and opposition, and they have been billed as a crucial test of the country's electoral system ahead of a presidential vote in October. Sunday's first round seeks to fill two thirds of the 30-member Senate and the entire 99-member Chamber of Deputies.

But a number of polling stations across the country of 10 million people had to wait for ballots hours after voting was supposed to start at 6 a.m. In sections of Port-au-Prince, voters grew exasperated after being told they couldn't cast ballots because their names weren't on official voting lists.

"This is very frustrating. Are they trying to discourage voting?" gardener Gerald Henry complained to a reporter after election workers turned him away.

In the crowded capital, at least



A man rips an election ballot after authorities closed a voting centre following fistfights that broke out inside during parliamentary elections in Port-au-Prince, Haiti, Sunday. DIEU NALIO CHERY/THE ASSOCIATED PRESS

three voting centres were shut down by authorities after fist fights broke out as partisans attempted to stuff ballot boxes and engage in other irregularities. At one voting centre in downtown Port-au-Prince, groups of young men ripped up paper ballots as heavily armed police shot into the air to re-establish order. Rocks were thrown in re-



Are they trying to discourage voting?

Gerald Henry

sponse before authorities closed the polling station.

Local media also reported the closure of polling places in other sections of the country and scattered arrests of people accused

of voting more than once. Observers from various political parties complained election officials did not give them access to voting centres.

Still, Haitian Prime Minis-

ter Evans Paul said the government was satisfied with how the legislative elections were being handled, "despite the incidents that we would like to firmly condemn."

Roughly 5.8 million people were registered to vote. More than 1,850 candidates from nearly 130 political parties were running. THE ASSOCIATED PRESS

TECHNOLOGY

Hen gets prosthetic leg via 3D printing

Keela Sweeney
Metro in Boston

Cecily, a Boston chicken amputee, underwent the first phase of her surgery to make a 3D printed prosthetic leg this past week.

Cecily was born with a torn tendon in her right leg that made walking extremely difficult. When the hen's owner brought her in to an animal specialist they were given two options: put Cecily down, or pay for the prosthetic leg.

Cecily's owners decided that it was worth the \$2,500 US for a new leg.

"We decided it was worth splurging for the rehabilitation because we love our hens," Pat-



Cecily and her new leg.

BOSTON GLOBE

rick Crozier told the Boston Globe. "They are more than just egg-layers. We help them so they can live as long as they can. They become part of the family."

IN BRIEF

Gibraltar territory violated
British and Gibraltar officials say several Spanish police vessels and a customs helicopter illegally entered and violated the territorial waters and airspace of the tiny British territory of Gibraltar on the southwestern tip of Spain.

Britain's Foreign Office Minister Hugo Swire said Spanish vessels "repeatedly entered" the area on Sunday without properly notifying Gibraltar authorities.

He said although the incursions were believed to be part of the pursuit of a suspected drug-smuggling speedboat, the actions were unlawful.

Spanish authorities didn't immediately comment on the accusations.

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ISTANBUL DEMONSTRATORS RALLY FOR PEACE Anti-war demonstrators flash the V-sign at a pro-peace rally in Istanbul, Sunday, against the outbreak of new clashes between Turkish security forces and pro-Kurdish rebels. Violence in Turkey has flared in recent weeks, shattering an already fragile peace process between the Kurdistan Workers' Party, or PKK, and the government. The rebels launch almost daily attacks at the Turkish security forces while Turkish jets have raided suspected PKK bases in northern Iraq. LEFERIS PITRAKIS/THE ASSOCIATED PRESS

VERMONT

Mom kills 3 relatives and social worker

A woman who lost custody of her nine-year-old daughter killed three relatives in a Vermont home and then headed to a nearby state office to gun down the social worker involved in the custody case, authorities alleged.

Police said 40-year-old Jody Herring shot social worker Lara Sobel, 48, twice on Friday, killing her outside an office of the state Department for Children

and Families in Barre as Sobel was leaving work. Herring was tackled outside the building and arrested on a first-degree homicide charge.

The next morning, an emergency call brought officers to a Berlin home, where they found three relatives of Herring dead. Police said at least two of the women appeared to have been shot. THE ASSOCIATED PRESS

IN BRIEF

North Korean mines maimed two at border: South Korea

South Korea says North Korean soldiers placed the two mines that exploded last week at the border and maimed two South Korean soldiers.

Seoul says Pyongyang will face "searing" consequences for laying the mines that exploded last Tuesday in the Seoul-controlled southern part of the heavily-fortified Demilitarized Zone. Such a

move would violate the armistice that ended fighting in the 1950-53 Korean War, which still technically continues.

The two wounded soldiers had been on a routine patrol. One soldier lost both legs, while the other lost one leg.

Seoul's Defence Ministry said Monday that the splinters from the explosions were from wood box mines, which are used by North Korea.

Pyongyang has not responded. THE ASSOCIATED PRESS

Ferguson: 1 year since Brown death

POLICE KILLING

Anniversary marked by silence and march

One year after the shooting that cast greater scrutiny on how police interact with black communities, the death of 18-year-old Michael Brown in Ferguson, Mo., was marked Sunday with 4-1/2 minutes of silence and a march led by his father.

A crowd of hundreds that had gathered to commemorate Brown began their silence at 12:02 p.m., the time he was killed, and the length of time was to symbolize the 4-1/2 hours that his body lay in the street after he was killed. Two doves were released at the end. Police largely remained away from the ceremony.

Michael Brown Sr. held hands with others to lead the march, which started at the site where his son, who was black and unarmed, was fatally shot by a white Ferguson officer Darren Wilson on Aug. 9, 2014. A grand jury and the U.S. Department of Justice declined to prosecute Wilson, who resigned in November,

but the shooting helped spur a nationwide "Black Lives Matter" movement that raised difficult questions about law enforcement treatment of minorities and police use of military-grade equipment while controlling crowds.

Pausing along the route at a permanent memorial for his son, Michael Brown Sr. said, "Miss you."

He had thanked supporters before the march for not allowing what happened to his son to be "swept under the carpet."

Michael Brown Sr. had also led a parade involving several hundred people on Saturday. He said his family is still grieving, but he believes his son's legacy can be seen in the increased awareness of police shootings, and renewed skepticism when officers describe their side of events leading up to those shootings.

Some who marched in the Saturday parade wore T-shirts with likenesses of Brown or messages such as "Please stop killing us" or "Hands up! Don't shoot!" which became a rallying cry during the sometimes-violent protests that followed the shooting a year ago. Some carried signs or wore shirts commemorating others who have been killed in confrontations with police.

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Techies crawl to the top

ROBOTICS

B.C. company's agile robots explore where humans can't

What started as a fun project for two techies on Vancouver Island more than 25 years ago has now become an industry leader in robotic crawlers.

Inuktun Services Ltd.'s remotely operated vehicles, or ROVs, have combed through the radioactive wreckage of a tsunami-hit nuclear plant in Japan, assisted in search and rescue efforts after the Sept. 11 terror attacks, and are being used by the U.S. military.

But despite its international success, the Nanaimo, B.C.-based company remains little known at home.

That's largely because most of its products are sold outside of Canada, said company CEO Colin Dobell.

"We're not really well-known locally and that's OK," he said in a phone interview from the company's head office on Vancouver Island.

"We're more export than anything ... oil and gas and nuclear would be our two biggest markets. But we get into a lot of other kind of oddball stuff too that we never even imagined our equipment would be used for."



Colin Dobell, president and CEO of Inuktun Services — a maker of modular mobile robotic crawler vehicles, based in Nanaimo, B.C. — stands with the Versatrax Vertical Crawler and the Versatrax Controller. CHAD HIPOLITO/THE CANADIAN PRESS

Inuktun's agile robots are used to access confined spaces and hazardous environments that humans can't.

Their clients range from Pacific Gas and Electric Co., which used crawlers to inspect inside a natural gas pipe after a fatal pipeline explosion in California five years ago, to Starbucks, which bought cameras to inspect

coffee beans on a conveyor.

Earlier this year, Inuktun announced it was sending a custom snake-like crawler to the Fukushima Daiichi Nuclear Power Plant to assess the damage from 2011's massive earthquake and tsunami.

After the 9/11 attacks "we sent robotic equipment to Ground Zero to do search and rescue

and search and recovery efforts," Dobell said.

"A few years ago, we sold a whole bunch of equipment to the U.S. military to actually use in cross-border tunnel investigation in U.S.-Mexico borders and also overseas in the Middle East."

But Dobell said the most compelling stuff is top secret. The company is kept quiet by big-

“We’re not really well-known locally and that’s OK.”

Colin Dobell, CEO of Inuktun Services Ltd.

name clients that don't want the public to know what they're using the technology for.

When Inuktun began in B.C. in 1989, its owners had no idea they would be signing non-disclosure agreements with some of the world's most prominent organizations.

Dobell said that part materialized "largely by accident," after Inuktun's co-founders Terry Knight and Al Robinson — both now retired — started the company "as kind of a fun project to take them into retirement."

"When they started they were building these little swimming ROVs," he said.

"The idea being you would sit on your boat, throw it over the edge and watch the crabs or chase fish or pick up the keys you dropped."

Dobell, who came on board in 1996, said the product was too expensive for a recreational market, but got the attention of the nuclear industry and spawned the creation of different robotic systems to meet customer demand over the years. THE CANADIAN PRESS

KEYSTONE XL

Company plans for pipeline rejection

The Canadian company involved in the controversy-plagued Keystone XL pipeline project has begun planning its response to an anticipated rejection of the project by U.S. President Barack Obama.

In its public statements, TransCanada Corp. is expressing hope he might still approve the pipeline, which over the course of its years-long delay has become an irritant between the U.S. and Canadian governments.

But people close to the project say the company has become all but convinced a rejection is imminent based on signals the White House is sending publicly and privately — and it's now considering the next move.

One possible response is a challenge under the North American Free Trade Agreement to recoup damages from the U.S. government. Another is immediately re-filing a permit application with the U.S. State Department before the 2016 presidential election.

One source involved in the project said company lawyers are being consulted on the mechanics of a NAFTA challenge, and weighing the legal and political implications.

He said the main suspense now is how Obama will make his big announcement — quietly, in a mid-summer Friday afternoon statement, or boldly from a platform like his upcoming Aug. 31 trip to a climate-change conference in Alaska.

"There's a broad acceptance that the decision's been made," he said, adding that different White House employees had suggested a rejection's coming.

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IN BRIEF

China's consumer inflation up marginally in July

China says consumer inflation edged up to a still-low 1.6 per cent year-on-year in July, which leaves room for Beijing to cut interest rates or take other steps to stimulate slowing economic growth.

The inflation rate rose from the previous month's 1.4 per cent, driven by a jump in pork prices. The National Bureau of Statistics said Sunday that costs also rose for medical care, tobacco and pre-school education. THE ASSOCIATED PRESS

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POLL: FAREWELL JON STEWART

Jon Stewart made a career of skewering U.S. politics and media on *The Daily Show*. Over 16 years, what started as a parody of a nightly newscast became one of the nation's most trusted sources of news — at least for liberals and progressives. We asked our readers about Stewart's next step (many are hoping it's the White House!) as Trevor Noah takes the reins.

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ROSEMARY WESTWOOD

metroview

Columns come in a few finite forms. Here's a cheat sheet

We've reached Peak Opinion.

I say that with authority because every day I file into the cacophony columnist melting pot/Twitterverse/Internet-universe/Facebook-land and languish among the Tabatha Southneys and Jessica Valentis. And, of course, the men — also known as two thirds to three quarters of all columnists.

But all that chinwagging doesn't have to confuse. Despite the perpetual spew, columns come in a few finite forms. Here is your cheat sheet.

The Hot Take: To quote the *New Republic* quoting Salon's Simon Maloy, "A hot take is a piece of deliberately provocative commentary that is based almost entirely on shallow moralizing."

The Comic Angry: A scathing column with metaphors more grandiose than Donald Trump on a gold toilet on an elephant on a rocket in space yelling "I don't need anybody's money!"

The Why This is Wrong: Take a controversy, pick a side and say why the other is wrong, or why they're both wrong, or why the reader is wrong to think one of them is wrong.

The We're All Feminists Here: Ask women celebrities to play nicely, because even if they hate each other, we should all hate patriarchy more. Vive la feminist dream!

The Slice of Life: Something mildly interesting happened

to me the other day, and now you're going to hear about it.

The Me vs. Trend: There's a new trend. This is why it's stupid, or great, or why you're stupid for doing it, or stupid for not doing it.

The You Should Know About This: Something important is happening in the world, but Kim Kardashian gave birth again so you haven't heard yet. It could be happening close to you, or far away, but you should know because, like I said, it's important.

The We Take Celebrity Too Seriously: Self-explanatory.

The Satire: I don't mean a word of this.

The Reasoned View: There's fierce debate over an issue, but the correct view is to tread the middle ground, cherry pick from both sides and blend into a position both lucid and impossible to act from.

The Life is Good: Amid the wars and corporate greed, this individual has done something inspiring/extraordinary/life-fulfilling. So cheer up.

The Epiphany: Here I share an experience that clarifies one of the meanings of life. You're welcome.

Peak Opinion, unlike other peaks, will not edge off into a decline. It's more a plateau. But at least you can now say, 'Hey! She's just doing the We Take Celebrity Too Seriously!' shrug, stop reading and enjoy your day.

The weather reminds us we're all in this together

KINGKADE'S CALGARY

Roger Kingkade



So... how about that weather, huh?

The semi-apocalyptic hail storms of yesteryear are now pleasantly in the rear view, affording us the opportunity to BBQ in the sunshine, perhaps call somebody to inspect our roofs and probably complain about how the garden has been destroyed. And after all that hard work.

I won't go so far as to say I enjoyed the hail storms, although I am fascinated by severe weather. I certainly didn't enjoy the havoc and damage they left. But there is an effect that I'm glad we experience when the rain comes in sideways like that. Or down the river all at once. Or whatever meteorological calamity you

can think of.

I like that we realize we're all in this together.

You don't have to be reminded of the amazing community spirit that came out following the floods in 2013. Thousands of unaffected Calgarians brought boots and hearts down to the mucky, flooded neighbourhoods and did whatever they could to help get individual families and the entire city back on their feet again. You don't have to be reminded, but it's a pleasure.

These hail storms, small by comparison, offered us an opportunity to exhibit the same communal instinct in how we respond to our surroundings. The beauty is, we get it right a lot of the time. That's saying a lot in a world where people would rather film the fire with their smartphones than join the bucket brigade.

During Wednesday's down-

pour, the cycle track under 5 Street SW flooded (again) and caught a cyclist off guard. Ryan Drake went flying over his handle bars into the pooling water so deep that he was completely submerged. He lost two things in the spill: His glasses and his bike. He made a choice to look for the glasses. What he saw when he found them was some young guy happy to jump into the freezing water with him to help find his bike. Then the guy took off without any fanfare.

Hands up if you have a neighbour that helped you clear a downed tree limb from your street or driveway. Hands up if you took part in a spontaneous sewer grate-clearing party. Did you stop your car to shelter somebody waiting in the open for a bus to arrive? Did somebody do that for you?

Well done. Truly. You might

think this type of activity is normal for Calgary. It may very well be, but it's not normal everywhere in this country. Calgary does a way better job of pitching in, helping out and recognizing that we're all in this together.

Good stuff.

If you didn't get an opportunity to help out during those stormy days, there's something else you can do. You can give to the Food Bank. There's a serious need right now; what with all the job losses and oil prices and pretty much all the bad economic indicators you keep hearing about on the radio. The Food Bank needs your help. It's just not the type to wreck your roof saying so.

Roger Kingkade co-hosts the *Kingkade and Breakenridge* show every weekday morning from 9 a.m. to noon on NewsTalk 770.

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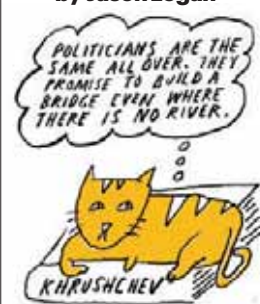
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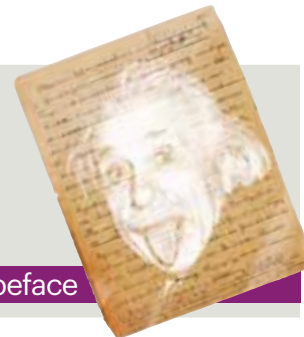
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by Jason Logan





The young and the not-so-sober

ISTOCK

ALCOHOL ABUSE

Marry young and you could bypass binge drinking: Study

Problem drinking tends to decrease with age for many individuals, but a new study says marriage could allow young people with a tendency to abuse alcohol to bypass an unhealthy phase.

While social scientists and psychologists would have once said that binge-drinking young adults are not ready for marriage and should learn to curb their habit before tying the knot, this U.S.-based research team has another perspective.

"Confirming our prediction, we found that marriage not only led to reductions in heavy drinking in general, this effect was much stronger for those who were severe problem drinkers before getting married," says Matthew Lee of the University of Missouri.

Springboarding off a theory that Lee describes as the "role incompatibility theory," the team hypothesized that the most severe of problem drinkers must

make the most dramatic changes in order to adapt to the demands of married life.

Behavioural change, says Lee, is one way to resolve incompatibility with a new role such as that of a husband or wife.

The team established that the older people got, the less they drank.

This effect was even more pronounced for those who were problem drinkers before marrying, according to the study, whose hypothesis was thus confirmed.

"We believe that greater problem drinking likely conflicts more with the demands of roles like marriage," says Lee. "Thus, more severe problem drinkers are likely required to more substantially alter their drinking habits to adapt to the marital role."

The study brings to light the concept of lifestyle roles as a driving force behind reducing alcohol consumption.

The research team believes that with further studies, they could uncover key insights that could change our approach to young people who abuse alcohol.

The study was published in the journal *Alcoholism: Clinical and Experimental Research*. AFP

+ HANGOVER CHIC

New beauty trend: looking like you had too much to drink

Being drunk or hungover isn't usually regarded as a great beauty look, but all that is changing thanks to a new Asian trend. "Hangover makeup" is the latest look to hit social media, with girls in Japan and Korea uploading photos of themselves on Instagram intentionally looking like they've just come home from a big night out.

Eye bags are traditionally seen as something to try to hide, cover up or zap in the West, but puffy peepers form an integral part of this hot new look, with some women going so far as to contour their under-eye area to make it appear bigger. This is particularly popular in Korea, where puffiness is seen as pretty.

Blush applied directly under the eyes to give the impression of being tired is also a key part of the trend, especially in Japan. Instagram users like @matilda_xy have been demonstrating how a thick sweep of blush above the cheekbones results in the sort of tired, slightly feverish esthetic that only a hangover can bring about. Instagrammer @mavis_guo shows how the look can be paired with pale skin and a slightly shiny eye for that "just woke up" vibe. AFP



INSTAGRAM

PROBLEM DRINKING

Millennials take to online sobriety aid

While face-to-face meetings are more effective than online groups when it comes to curbing alcohol abuse according to a survey presented last week at the American Psychological Association's convention in Toronto, the use of web-based sobriety support sites is steadily growing.

Wayne Skinner, a clinical director in the addictions program at Toronto's Centre for Addiction and Mental Health (CAMH), called the findings interesting and a basis for further research.

He suggested there is undoubted value in people with addictions getting together for group support, but the Internet does offer an alternative for those unable or unwilling to go that route.

"This is where I think online has an advantage," said Skinner, who was not involved in the research. "When we're trying to set up support groups for family members or clients in recovery, you have to have a certain time, a certain place and enough people to come."

"That's often a barrier."

He said the ability to offer peer support to an extended group of people is a powerful dividend from the technology — and one that more and more young computer-savvy people will likely embrace in the future, he said.

While lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., worries about the future of face-to-face meetings, he does acknowledge the benefits of online support.

"The idea that it is available 24-7-365 is phenomenal," he said, noting that the Internet also allows people who are geographically isolated or have psychological or physical disabilities to connect with others.

"They can finally get help instead of being desperate and alone," said Grant, who advocates regular attendance at meetings, buttressed by online support when a person needs it to either get sober or to stay sober.

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It's not a reward if it costs you



CREDIT CARDS

Points distract from annual fees and high interest rates

Kyle Prevost
youngandthrifty.ca



Let me get this straight — credit card companies will give me tons of free stuff just for using their card to buy what I was going to buy anyway?

Well... sort of.

Who doesn't love free points? I love free points, miles, cash back — they all sound great to me.

Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

The best rewards cards all have two things in common: they have an annual fee and they have relatively high interest rates — usually 18 to 20 per cent.

There are no-fee cards that have some limited rewards features and/or a lower interest rate, but you'll notice they are never quite as lucrative as the mega-platinum

versions that offer a quintillion points for signing up (of course most flights cost one-and-a-half quintillions, but it still sounds like a lot).

Most of the elite-level rewards cards charge an annual fee of \$80 to \$120 and have comparable interest rates.

What you need to determine for your specific situation is whether your monthly spending and repayment habits will leave you further ahead with the fancy rewards card, or with the annual fee safe and sound in your bank account instead of in the hands of your credit card provider.

The first commandment of personal finance is to never carry a balance on your credit cards.

If you carry a balance and don't repay every dollar you borrowed with your card(s) it is almost never worth it to go with the best rewards cards and pay the higher interest rates.

Instead, you should look at getting a credit card with the lowest possible interest rate, paying off your current cards with a low-interest loan or line of credit, or simply start paying off your balance every month!

If you pay your card off every month the annual interest rate is irrelevant to you.

Now you can start count-

BANK NOTES

Credit card rewards tips

- Try to negotiate not paying the annual fee. You should be able to get out of paying it for the first year for sure.
- Several provinces will allow you use Aeroplan points to repay your student debt.
- Not all points/miles/rewards are created equal. Check to make sure you're comparing apples to apples when looking at the value of your rewards system.
- Some companies bank on points/miles/rewards inflation rates so that you will be penalized for hanging on to your points too long.

ing your chickens before they hatch (note to self: new credit card promotion aimed at farmers...) and looking at what rewards best fit you.

Some cards give more points for travel, while others prize groceries and gas station purchases. You need to do some basic math and figure out if you spend enough that the rewards you will accrue are worth more than your annual fee.

There are some great online resources out there at places such as LowestRates.ca and RateHub.ca that allow you to quickly compare your credit card options and see which one is right for you and your spending habits.

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Intro to finance

UNIVERSITY

Budgeting, managing debt vital for students

As students prepare to make the leap from high school to college or university, many may find themselves confronting some tough, new lessons outside the classroom.

"Kids coming out of high school have very low financial literacy," says Kurt Rosentreter, a financial adviser at Manulife Securities. "Very few understand money."

That can lead to major challenges down the road and exacerbate the debt burdens they will have to shoulder upon graduation, Rosentreter says.

Budgeting

Lana Robinson, executive director of CIBC Wealth Advisory Services, recommends that students create a monthly and a weekly budget to track their sources of income and their expenditures.

Income sources can include student loans, bursaries, a line of

credit, loans from family members and income from part-time or summer jobs.

Expenses can be broken down into two categories, says Robinson. Non-discretionary costs include non-negotiable items like rent, tuition and transportation.

Determining how much to spend on discretionary items requires making decisions, such as how much to shell out for cell-phone coverage and whether to eat out or cook at home.

However, it isn't enough to simply create a budget, says Robinson — for many people, the tricky part is sticking to it.

For students who receive student loans and other income in large, lump sums, Robinson recommends keeping that money in a separate savings account and transferring portions of it into chequing on a monthly basis. That can help students ensure that they don't spend more than their monthly allotment.

Managing debt

Learning how to use debt wisely is another important skill for students to grasp, says Rosentreter. It's all too easy to run into trouble by treating a credit card "like it's candy," he says.

"I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards," Rosentreter says.

There are several kinds of debt that students can use to pay their way through school, and Rosentreter recommends sticking to those with low interest rates that allow more time for repayment.

Government student loans are usually the best option in this regard, as they typically don't require students to pay them back until after graduation. However, some students may not be able to secure as much funding through that avenue as they require — particularly if their parents are in too high of an income bracket.

A student line of credit from a bank is a good alternative, while credit cards — which have the highest interest rates and need to be paid down quickly — are the worst of the available options, Rosentreter says.

If possible, students should try to borrow money from parents, grandparents or aunts and uncles, as family members are likely to provide loans on friendly terms — for example, not requiring the student to pay back the money until he or she has landed a job.

THE CANADIAN PRESS



Creating a budget may be hard for students just coming out of high school with little financial awareness, but experts say it's essential. ISTOCK

SPONSORED CONTENT

Putting you in control of your retirement

Clover Living will custom tailor your needs

Clover Living offers the ultimate flexibility for retirement living for those looking for a forever home or a just a temporary stay.

Located in bustling Chinatown, Clover Living provides independent living for adults of any age and supportive living for seniors 55-plus. The 129 bachelor and one-bedroom suites are set along the beautiful Sien Lok Park and Bow River.

"We recognize that people's needs change, so we put them in control," says Grace Su, director of operations at Clover Living. "A senior can choose a weekly or monthly stay, or even a temporary stop while family is away on vacation so that they're not left home alone. We're able to custom tailor a stay to whatever works for a senior and their family."

Clover Living is open to all those looking to age in place. The comfortable suites range from 360 to 550 square feet, and while those living in supportive living units have access

to housekeeping services, dietician-approved Western and Chinese meals, laundry and more, the self-catering, independent suites provide the freedom of full kitchens (with option to purchase extra services).

"We also have furnished guest rooms so visitors can stay in the same building as their family member," Su says.

"And residents can choose housekeeping or meals (Chinese, Western or a combination of both) on an à la carte basis, too. And we have 24/7 emergency call bell service for peace of mind."

The resident support services at Clover Living include social/recreational activities like exercise class, arts and crafts, gaming (chess, mah-jong, cards, etc.), karaoke, group nature walks, field trips, movies, and social tea time.

"It's very rewarding for us to see how seniors become more sociable, happier and healthier once they have adapted and partici-



CONTRIBUTED

pated in these activities. Seniors don't want a boring life. Seniors are capable and we honour that at Clover Living. We want residents to continue to be a valued part of the community and enjoy retirement living. It encourages us greatly to see the seniors and their families

that are so happy with Clover Living."

Prices start at \$1,095 per month for independent living, and \$1,825 per month for supportive living.

For more information, please visit cloverliving.ca, or call 403-290-1088.



Emily Wight, above, insists you don't have to break the bank to eat tasty, healthy meals. TRACEY KUSIEWICZ/HANDOUT

Eat well, spend less: Author shares tips

COOKING Cookbook inspired by Vancouver mom's blog

Emily Wight insists you don't have to break the bank to eat well.

Her new cookbook, *Well Fed, Flat Broke: Recipes for Modest Budgets and Messy Kitchens* (Arsenal Pulp Press), stems from a blog she began writing after graduating from university.

"It was the perfect subject matter for the times," Wight says. "Student loans were about to become payable and I was still just getting into full-time work."

She adds, "You don't want to sacrifice taste and you want to look forward to your meals, but on the other hand, you've got your rent to pay, your daycare to pay and it's expensive."

Now the 32-year-old is balanc-

ing a career in communications at the University of British Columbia and motherhood, with toddler Hunter, who will be four in November. But she eked out enough time to write her book, with tips and recipes gleaned from years of frugality.

"You don't have to have expensive ingredients to make a satisfying meal. I find I can make a perfectly delicious pasta sauce with canned tomatoes that are the no-name brand, so you don't feel you have to go out and buy the most expensive thing in order for it to be good," she says from Vancouver.

"You can have delicious and luxurious and satisfying meals on a budget."

To control her spending, her food budget has its own bank account. She reads flyers and shops at stores that offer mobile apps.

"They make it really easy and convenient to use their coupons and stretch your dollar a little further with points programs."

She also buys locally as much



as possible.

"Little farm stands and farm markets are a great place to get good value on your produce. The same goes for some of the Asian markets or ethnic markets in your community, because a lot of those places will be bringing in produce at quite a good price as well."

The latter are also a great source for condiments and sauces to liven up a simple recipe: "A little bit of fermented bean paste, for example, makes green beans something really different and a

little kimchee goes a long way."

The spicy fermented Korean side dish can be tossed into fried rice or pancakes or can accompany a rice and lettuce wrap.

Buy meat in bulk when possible, she advises. "The butcher is really great because you're not getting that grocery store markup and you're also getting the expertise," Wight says.

If you have the space, a chest freezer is ideal for storing bulk buys. Wight bought hers on Craigslist for about \$25.

"It's not nice looking. But it's a great way for us to economize and my husband hunts and fishes so we pack up the freezer."

She also likes to make one-pot dinners that will provide enough to have leftovers for lunch the next day.

"Something like a lentil sloppy joe heats up pretty nice the next day at work, or sometimes a curry or a dal, I can just pile it over rice and eat it at work or send it to daycare for Hunter."

THE CANADIAN PRESS

WORKPLACE

How to handle covering for your vacationing coworkers

OFFICE RELATIONS

Eleni Deacon



When you're on vacation, your work should feel miles from your mind. But for your colleagues stuck back at the office, your work could cause double-duty pressure.

During the summer months, most employees want to skip town. And while their time off is hard-earned, the stragglers must pick up the slack.

Filling in for absent coworkers inevitably means more tasks — but it doesn't have to mean more stress.

Before you hop on a plane, make a plan. Establish which of your colleagues will be responsible for your assignments, then walk them through any unfamiliar processes. This conversation should not be saved for 4:30 p.m. on your final day (at which point you'll already be deep into crack-a-Corona mode). Set aside time during the week before your departure to thoroughly review your requirements, then follow up pre-takeoff to ensure there are no outstanding questions.

Keep your to-do list doable.

Your vacation is not an opportunity to saddle someone else with that finicky project you keep putting off. Set priorities, and only assign the must-get-done jobs. Provide clear, written instructions for how and when each component must be completed, and address how to handle any snags. No one wants to



answer emails while they're away. Properly brief your understudy, and you'll have no reason log in.

If you're the one stuck at your desk, get proactive about your impending workload bump. Before your colleague scoots to the cottage, ask all your questions and make sure you feel confident covering their tracks.

Answering emails on vacation is bad. Even worse: emailing your vacationing coworker with persnickety queries you should have addressed before they left.

When your plate is already heaping, extra chores can feel extra annoying. But your coworker's absence is actually an opportunity. If they perform different duties, deal with different clients, or have a different role altogether, this is a chance to pick up new skills and gain a deeper understanding of your organization. Think of it as a time to test-drive another job. You'll learn what you like — and what you don't enjoy, you won't have to do for long.

Whether you're vacationing or staying, arranging a holiday back-up plan can be nerve-wracking. When you're leaving, you fret about returning to a mess. When you're filling in, you worry about messing up.

In both cases, relaxing is an asset. No one can do someone's job exactly like them. But if everyone preps and tries their best, this phase should pass without chaos. Then the traveller can focus on being away — not what's happening back at work.

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Jays spank the Yanks

MLB

Toronto caps 3-game sweep; allows just 1 run in series

Everyone already knew the Toronto Blue Jays could really hit. Turns out, it was a trio of splendid pitching performances that closed the gap in the AL East.

Josh Donaldson and Jose Bautista launched long home runs, and the Blue Jays earned their eighth straight victory by beating the New York Yankees 2-0 on Sunday to complete a three-game sweep that tightened the division race.

"Everything seems more in reach," Bautista said. "It seems more attainable."

Marco Estrada tossed three-hit ball into the seventh inning against the suddenly slumping Yankees, outpitching Masahiro Tanaka during Toronto's second consecutive shutout. Boosted by some big acquisitions before the July 31 trade deadline, the streaking Blue Jays have won 11 of 12 to pull within 1-1/2 games of the first-place Yankees.

A week ago, New York was up by six.

"Incredible," Estrada said.

SUNDAY In New York

2 **0**
BLUE JAYS YANKEES

"It's been a great ride. We've had a tremendous team this whole year and obviously just got a little better. Adding a few pieces helped a lot. Our confidence is pretty high and we're all enjoying the run."

In a series that featured the top two offences in the majors, New York mustered only one run and went scoreless over the final 26 innings.

Not since May 1999 against the Angels had the Yankees been blanked in two straight — that stretch of 2,665 games between consecutive shutouts was the longest in major league history, the team said in citing research by the

Elias Sports Bureau.

It was the first time since May 2003 that Toronto swept New York in a series of at least three games.

"We definitely took a punch this weekend, and good teams punch back," Yankees slugger Alex Rodriguez said. "For us, it's all about how we respond that matters."

THE ASSOCIATED PRESS

“

I've got a hard head, so it's all good.

Yankees left-fielder Brett Gardner, who was hit in the back of the head when a fan threw back a Jose Bautista home run ball



Blue Jays shortstop Troy Tulowitzki, right, turns a double play over the Yankees' Brian McCann in New York, Sunday. SETH WENIG/THE ASSOCIATED PRESS

IN BRIEF

Tiger-Cats thoroughly beat Blue Bombers

Zach Collaros threw three first-half touchdown passes and Emanuel Davis returned two interceptions for scores as the Hamilton Tiger-Cats beat the Winnipeg Blue Bombers 38-8 on Sunday afternoon to remain unbeaten at Tim Hortons Field.

Hamilton (4-2) earned its ninth straight victory at the stadium before yet another enthusiastic sellout gathering of 24,068. The Ticats captured their fourth win in five games overall to move into a first-place tie in the East Division with Toronto (4-2) and Ottawa (4-2).

THE CANADIAN PRESS

Iconic NFL personality Gifford dies at age 84

From the football field to the broadcast booth, Frank Gifford was a star. And a winner.

An NFL championship in 1956 with the New York Giants. An Emmy award in 1976-77 as television's "outstanding sports personality." Induction in the Pro Football Hall of Fame in '77.

Gifford, as well known for serving as a buffer for fellow announcers Don Meredith and Howard Cosell on Monday Night Football as for his versatility as a player, died Sunday. He was 84.

In a statement released by NBC News, his family said Gifford died suddenly at his Connecticut home of natural causes Sunday morning.

THE ASSOCIATED PRESS



Frank Gifford
GETTY IMAGES FILE

PARAPAN AM GAMES

Canadians stockpiling swimming medals



Nicolas Turbide
NATHAN DENETTE/THE CANADIAN PRESS

Nicolas Turbide stood beside the starting block in Lane 4, hands on his hips facing the water ahead.

Then came the deep breaths, hand rubbing, leg shakes and some shoulder swings. A problem with one of the starting blocks meant such pre-swim rituals went on a little longer than usual.

"I had plenty of time to think about things before my race," said the 18-year-old from Quebec City. "What I thought about, mostly, was this is my main event, I've trained for this and

“

It's a race on my own.

Nicolas Turbide, who is visually impaired, has no visual idea where his competitors are or how well he's doing during a race.

everything will go well — and it did."

His 100-metre backstroke on Sunday evening more than went well.

Turbide won gold — making him Canada's first double gold medallist of these Parapan Am Games — and he did it in the fastest time he's ever clocked in the 100 backstroke.

That pairs well with the gold medal, also won in a personal best time, he earned Saturday in the 200 individual medley.

Turbide found out he'd won his backstroke event by the sound of crowd.

"I knew it was good," he said, based on the cheers from the sizeable crowd at the CIBC Aquatics Centre in Toronto.

In this case, he was a full body length ahead by the first wall and a couple lengths in front when he stopped the clock at 1:01.64 for the gold. Canadian teammates Devin Gotell won silver and Tyler Mrak took bronze.

Canadians had a successful day in the pool, winning five gold, five silver, seven bronze and sweeping the podium in two events.

Lethbridge's Zack McAllister won gold in the men's 50-metre freestyle after finishing second in the S8 400 freestyle earlier in the day. TORSTAR NEWS SERVICE

Lowry cards final-round 66 for WGC victory

With no mistakes and two great escapes, Shane Lowry of Ireland won the Bridgestone Invitational on Sunday for the biggest victory of his career.

Starting the final round at Firestone two shots behind, Lowry played bogey-free for a 4-under 66 to pull away from Jim Furyk and Justin Rose and hold them off during a tough back nine. THE ASSOCIATED PRESS

RECIPE Almond Butter Noodle Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



Almond butter has a milder flavour than peanut butter. This is a great salad that can be a side dish or a main course with the addition of cooked chicken, meat or fish.

Serves 4

Ready in

Prep Time: 15 minutes

Cook Time: 8 minutes

Directions

1. Cook spaghetti until firm to the bite, according to package directions. Drain.

2. Add bell pepper, carrot, water chestnuts, green onion and cilantro to spaghetti.

3. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds.

Ingredients

- 8 oz spaghetti
- 1/2 large red bell pepper, sliced thinly
- 1 medium carrot, peeled and cut into matchsticks
- 1/2 cup sliced canned and drained water chestnuts
- 1/3 cup diced green onion
- 1/4 cup chopped cilantro or basil
- Dressing
- 1/3 cup almond or peanut butter
- 3 Tbsp rice wine vinegar
- 3 Tbsp light soy sauce
- 2 Tbsp water
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 2 tsp sesame oil
- 2 tsp minced ginger
- 2 tsp toasted sesame seeds

Nutrition per serving (recipe serves 4)

- Calories 290
- Protein 10g
- Carbohydrates 40g
- Fibre 5g
- Total fat 11g
- Saturated fat 2g
- Cholesterol 0mg
- Sodium 660mg

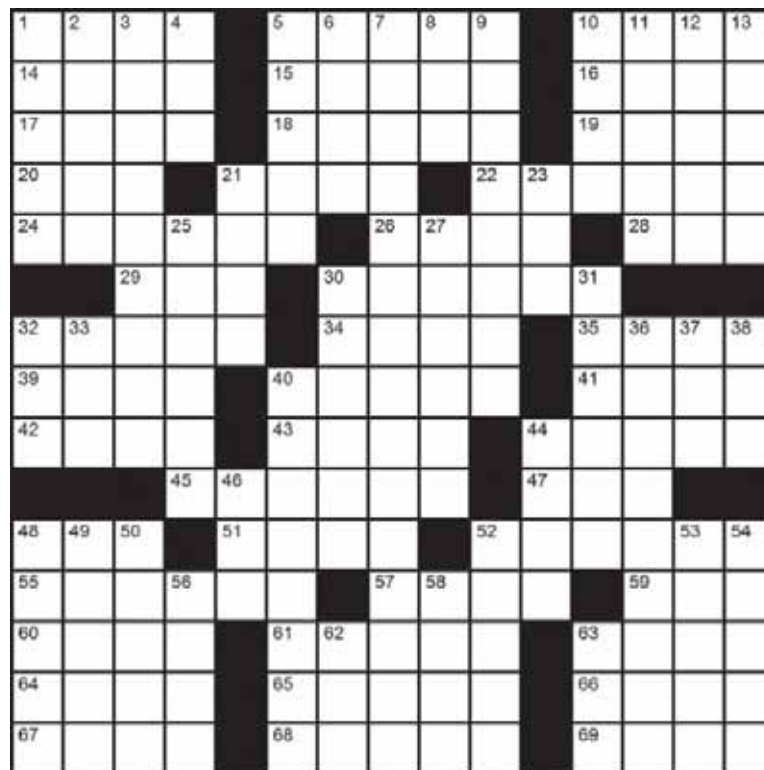
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Honolulu's home
- Prepare, as broccoli
- Hoo-hoo-ers
- Italian car manufacturer
- Sao __, Brazil
- Tangle
- Ripped
- Keyboard instrument
- Catherine __-Jones
- Antiquity
- Perfect
- Victor's prize to put on display
- Beaver coin
- Roman emperor
- Affirmative reply
- Frying need
- Ambulance signals
- Skeleton's head
- Ms. Horne
- Mr. Stoltz
- Chipper
- Matte __ (Toronto-born television host)
- Marvin Gaye's daughter
- Poker game stake
- Songstress Tori
- George Burns prop
- Be in need of new stock: 2 wds.
- Ms. Saldana of "Avatar" (2009)
- Electronics brand
- Multivitamin mineral
- Bone's inner
- Pomposity
- Clock time
- __ generis (Unique,



- in Latin)
- City in Pennsylvania
- Courage
- Stars on television
- Parliament Hill worker
- Heron kind
- Remedy

- Grape's inner
- Extinct birds
- Went too fast

DOWN

- Frequently
- Garlic mayonnaise
- Type of tennis play-

- ing surface: 2 wds.
- 'Comp' complete (Calculate)
- Bobbin
- Mountain lake
- Canadian women's tennis star who was born in the city at #9-Down: 2 wds.
- Birmingham's

- state, for short
- Where the men are competing, as per #36-Down
- Rice-shaped pasta
- Tearful
- Workshop machine
- Kills, in a fan-

- tasy novel
- Heaven's opposite
- Director Mr. Howard
- Out of __ (Unbalanced)
- Mr. Borgnine
- Hit the brakes hard: 2 wds.
- Higher in position
- Health resort
- Mr. Burns of TV documentaries
- Professional tennis tournament held in Canada each year, it's currently underway in Toronto for the women players (More at #9-Down): 2 wds.
- __ pinch
- Ford product
- Shunned
- Russian ruler, variantly
- Submachine gun type
- Ms. Perlman's
- Noted 'Madame' of chemistry
- Tolerate
- Combo dogs
- Outlandish
- Got smart, __ up
- Marsh plant
- Cream-filled cookie
- Certain consciousness
- Namesakes of Mario's "Saved by the Bell" role

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something that seemed so easy to do a little while ago now seems extremely difficult and you can't work out why. Don't give up on it though. What happens later in the week will make it easy again, so bide your time.

Taurus April 21 - May 21
You may find it hard to get along with certain people today but it's no big deal. Rather than risk saying something you may later regret just remove yourself from their presence for a while.

Gemini May 22 - June 21
It may not be easy turning down an attractive, and profitable, proposal but turn it down now just because the planets warn it will

result in more work and more pressure than you can handle.

Cancer June 22 - July 23
If you have gone to extremes in any way in recent weeks, opposing forces will bring you back toward the middle ground over the next few days.

Leo July 24 - Aug. 23
You seem to be anxious about financial matters at the moment but there is really no need. As Jupiter moves from your own sign to the money area of your chart tomorrow, there is sure to be good news of some kind.

Virgo Aug. 24 - Sept. 23
It may seem as if someone is withholding their affections but before you get angry about it, consider

this: they may be caught up in their own worries so much they don't have time for anyone else.

Libra Sept. 24 - Oct. 23
Some habits are easy to break but the habit you are struggling with at the moment seems too deep-rooted to overcome. Maybe you should stop trying so hard and instead find ways to enjoy it.

Scorpio Oct. 24 - Nov. 22
If you force yourself to be enthusiastic about something you don't much like today you may surprise yourself by how easy it is — and how much you enjoy it.

Sagittarius Nov. 23 - Dec. 21
Don't let yourself be talked into doing anything you don't feel com-

fortable with today. Resist, even at the risk of starting a feud.

Capricorn Dec. 22 - Jan. 20
Actions always speak louder than words, so do what has to be done and don't worry that others might not understand your reasons.

Aquarius Jan. 21 - Feb. 19
Don't let financial worries limit your horizons. You may think that you cannot afford to go out and have fun but you can if you use your imagination.

Pisces Feb. 20 - March 20
This should be a really good week for you but there is a danger that you might be tempted to focus on minor failures and not allow yourself to enjoy the good things in life.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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10 YEARS



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15 YEARS



BOB COLEMAN
20 YEARS



CLAYTON WOOD
10 YEARS



MARTIN WENNEKE
8 YEARS



DARCY SCHUURMAN
10 YEARS



RAY BURNETT
10 YEARS



AHMED MANSOUR
8 YEARS



PHIL LAWRENCE
22 YEARS



JOHN GOSHAN
13 YEARS



JIM NARFASH
23 YEARS



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10 YEARS



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10 YEARS



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